



DOWNSTAIRS STUDIO

www.brownwoodfitnesscenter.com

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|-------------------------------------|---|-------------------------------------|---|--------|---|
| 5:30 AM | Lee | Lee | Lee | Lee | Lee | <h1 style="color: blue;">October</h1> <p style="color: red; font-weight: bold;">325-641-3488</p> |
| 8:30 AM | | Stacey | Lindsay | Krystal | | |
| 9:30 AM | Connie | Stacey | Jody | Stacey | Connie | 9:00 AM TEAM |
| 10:30 AM | Stacey | | Jody | | | 10:00 AM Adam |
| 11:00 AM | | Brittney | | Brittney | | 10:30 AM TEAM |
| 11:40 AM | Sunshine | | Sunshine | | | <div style="border: 1px solid blue; border-radius: 15px; padding: 10px; color: red; font-weight: bold;"> All Martial Arts and Bootcamps are an additional Fee. </div> |
| 12:00 PM | | SST Senior Strength & Tone | | SST Senior Strength & Tone | | |
| 4:30 PM | Becky | Adam | Becky | | | |
| 5:30 PM | Becky | Lee | Becky | Lee | | |
| 6:30 PM | Adam | <i>RLS Hapkido Self Defense</i> w/ Robert Spratt | | <i>RLS Hapkido Self Defense</i> w/ Robert Spratt | | |
| 7:15 PM | <i>Kung Fu Karate</i> w / Auggie | | <i>Kung Fu Karate</i> w / Auggie | | | |



















Bodypump: The original barbell workout that STRENGTHENS YOUR ENTIRE BODY. This 60 minute program challenges all your major muscle groups by using the BEST WEIGHT ROOM EXERCISES like squats, presses, lifts, and curls. Great music, **Awesome Instructors**, and your choice of weight inspire you to GET THE RESULTS YOU CAME FOR -- and fast!!!!

Bodycombat: This fiercely energetic program is inspired by martial arts and draws a wide array of disciplines such as Boxing, Tae Kwon Do, Tai Chi, and Thai. Supported by driving music and **Powerful Instructors**, you'll strike, punch, kick and kata your way through calories to superior cardio fitness.

Bodyflow: A 55 minutes Yoga, Tai Chi and Pilates workout that builds flexibility and features 10 minutes of relaxation to leave you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves, and poses to music create a holistic workout that brings the body into a state of harmony and balance.

CX Worx: A revolutionary way to train your core. Based on cutting edge scientific research, each 30-minute class will challenge you to strengthen and tone all the muscle groups in your core. You'll get the results you want by training your muscles the way you use them. Whether you're training for general health, or an elite athlete wanting an edge, CXWorx is the perfect addition to your exercise program.

UPSTAIRS STUDIO

| October 2017 | | | | | "Like" us on Facebook | |
|----------------------|--|--|--|---|---|---|
| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 5:30 AM RPM Room |  Bobbie | |  Bobbie | | |  |
| 9:30 AM Big Room |  Skye |  Lynette |  TaKenda |  TaKenda |  Skye | |
| 10:40 AM Big Room |  Connie | | | | | |
| | | | | | | |
| 4:30 PM RPM Room | |  Bobbie | |  Bobbie | | <p style="text-align: center; margin: 0;">OFFICE HOURS:</p> <p style="margin: 5px 0 0 20px;">Monday-Thursday 8:00-7:30pm</p> <p style="margin: 5px 0 0 20px;">Friday 8:00-6:30</p> <p style="margin: 5px 0 0 20px;">Saturday 8:45-12:15</p> <p style="text-align: center; margin: 10px 0 0 0;">CHILDCARE HOURS:</p> <p style="margin: 5px 0 0 20px;">Mornings</p> <p style="margin: 5px 0 0 20px;">Monday & Fridays 9:15am-12:00pm</p> <p style="margin: 5px 0 0 20px;">Tues/Wed/Thur 8:15am-12:00pm</p> <p style="margin: 5px 0 0 20px;">Saturday 8:45am-12:00pm</p> <p style="margin: 5px 0 0 20px;">Evenings</p> <p style="margin: 5px 0 0 20px;">Monday-Thursday 4:15pm - 7:30 pm</p> |
| 4:30 PM Big Room |   Jody | | | | | |
| 5:40 PM RPM Room |  Leslie | |  TEAM | | | |
| 5:30 PM Big Room | HIIT Camp (30 minutes) Alyssa | | HIIT Camp (30 minutes) Alyssa |  Leslie | | |
| 6:40 PM RPM Room | |  TEAM | |  TEAM | | |

RPM: A 45 minute indoor cycling workout where you ride to the rhythm of powerful music. You'll enjoy the calorie-killing benefits of interval training as you take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Discover the athlete within--sweat and burn to reach your endorphin high.

Zumba: Dance inspired fitness based on an incredibly fun mix of influences including cumbia, merengue, salsa, hip hop, mambo and reggae--the Zumba fitness class is structured to provide an aerobic, cardiovascular workout to fast and slow rhythms keeping you interested, entertained, leaving feeling like a STAR!!

Bodyflow 101: Designed to become familiar with the benefits of Yoga, Pilates, and proper stretching techniques to give you a wonderful stretch after your Cardio class.

HIIT Camp: A quick, 30 minute workout with Alyssa Hogue (Personal Trainer) that will challenge you, and push you to your next level in a small group setting.

Booty Bootcamp: A small group training class with Cindy Lancaster (Personal Trainer) designed to target your glutes and hamstrings helping you create that "perfect booty".